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CLAIMS

1. Recessed type lighting fixture with a device for quickly mounting and dismounting the lamp (8) characterised in that it comprises

5 an annular body (1) with a front edge (5) defining an aperture (7) which is larger than the diameter of said lamp (8),

flexible retaining means (10, 11) extending radially from said edge at said aperture, suitable for holding the
10 body of said lamp laterally,

at least one pair of radial projections (9) extending internally from said edge (5) and defining a span with width smaller than the diameter of said lamp, so that the latter rests against said radial projections and
15 is forced against them by said flexible retaining means (10, 11).

2. lighting fixture according to claim 1, wherein two diametrically opposed uprights (6) extend from said edge (5) and where to said flexible retaining means are
20 attacched.

3. Lighting fixture according to claims 1 or 2, wherein said flexible retaining means comprise a pair of fork-shaped plate elements each one formed by a base (10a, 11a), integral with said edge, and a pair of wide apart
25 arms (10b, 11b), the two pairs of wide apart arms extending radially towards each other.

4. Lighting fixture according to claim 3, wherein the bases (10a, 11a) of said plate elements are attached to said uprights (6).

30 5. Lighting fixture according to any one of the previous claims, wherein said radial projections (9) are placed at approximately 90° in relation to said uprights

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(6) .

6. Lighting fixture according to any one of the previous claims, wherein said annular body (1) is suitable for engaging in a corresponding seat integral with the 5 panel wherein said fixture has to be recessed, and is mounted so that it can be oriented in said seat.

7. Lighting fixture according to any one of the previous claims, wherein said annular body (1) is formed by an external wall (2) and by an internal wall (3) 10 extending coaxially from one of its ends and ending with said edge (5) .